

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 02046, Mustard, prepared, yellow

Report Date: December 04, 2015 23:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	83.72	--	0.097	82.4	84.38	8.0	83.495	83.941	3	Analytical or derived from analytical	--	04/2014
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Energy	kJ	253	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Protein <a href="#">1</a> <a href="#">2</a>	g	3.74	--	0.029	3.4	4.87	10.0	3.676	3.803	2	Analytical or derived from analytical	--	04/2014
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	3.34	--	0.077	2.67	4.11	7.0	3.16	3.527	2	Analytical or derived from analytical	--	04/2014
Ash <a href="#">1</a> <a href="#">2</a>	g	3.37	--	0.104	2.09	3.94	6.0	3.118	3.624	2	Analytical or derived from analytical	--	04/2014
Carbohydrate, by difference	g	5.83	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	4.0	--	0.521	2.6	6.6	3.0	2.224	5.737	2	Analytical or derived from analytical	--	04/2014
Sugars, total	g	0.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.21	--	0.000	0.07	0.48	--	--	--	2	Analytical or derived from analytical		-- 04/2014
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	0.47	--	0.004	0.37	0.58	1.0	0.425	0.517	2	Analytical or derived from analytical		-- 04/2014
Fructose <a href="#">1</a> <a href="#">2</a>	g	0.23	--	0.000	0.18	0.34	--	--	--	2	Analytical or derived from analytical		-- 04/2014
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
Galactose <a href="#">2</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical		-- 04/2014
Starch <a href="#">1</a> <a href="#">2</a>	g	0.64	--	0.036	0.6	0.8	1.0	0.176	1.097	2	Analytical or derived from analytical		-- 04/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	63	--	0.404	58	74	6.0	61.873	63.861	3	Analytical or derived from analytical		-- 04/2014
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	1.61	--	0.030	1.31	1.8	8.0	1.543	1.682	3	Analytical or derived from analytical		-- 04/2014
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	48	--	0.267	45	51	10.0	47.158	48.35	3	Analytical or derived from analytical		-- 04/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	108	--	1.143	99	129	9.0	105.032	110.244	3	Analytical or derived from analytical	--	04/2014
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	152	--	5.227	133	184	8.0	140.238	164.483	3	Analytical or derived from analytical	--	04/2014
Sodium, Na <a href="#">2</a>	mg	1104	--	22.137	1,000	1,270	7.0	1050.717	1156.312	1	Analytical or derived from analytical	--	04/2014
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.64	--	0.007	0.58	0.79	10.0	0.621	0.65	3	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.074	--	0.001	0.06	0.09	8.0	0.071	0.077	3	Analytical or derived from analytical	--	04/2014
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.422	--	0.010	0.34	0.59	8.0	0.398	0.447	3	Analytical or derived from analytical	--	04/2014
Selenium, Se <a href="#">1</a> <a href="#">2</a>	µg	33.5	--	1.348	26.4	39.8	3.0	29.413	37.502	2	Analytical or derived from analytical	--	04/2014
Fluoride, F <a href="#">4</a>	µg	1.5	--	--	1.5	1.5	--	--	--	1	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	0.3	--	0.000	0	0.7	--	--	--	2	Analytical or derived from analytical	--	04/2014
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.177	--	0.003	0.09	0.45	3.0	0.169	0.185	2	Analytical or derived from analytical	--	04/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.070	--	0.001	0.03	0.09	3.0	0.067	0.074	2	Analytical or derived from analytical	--	04/2014
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.565	--	0.005	0.52	0.63	3.0	0.55	0.58	2	Analytical or derived from analytical	--	04/2014
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.254	--	0.007	0.2	0.3	1.0	0.162	0.346	2	Analytical or derived from analytical	--	04/2014
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.070	--	0.001	0.05	0.08	2.0	0.064	0.076	2	Analytical or derived from analytical	--	04/2014
Folate, total <a href="#">1</a> <a href="#">2</a>	μg	7	--	0.145	7	8	1.0	5.449	9.132	2	Analytical or derived from analytical	--	04/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	7	--	0.145	7	8	1.0	5.449	9.132	2	Analytical or derived from analytical	--	11/2006
Folate, DFE	μg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total <a href="#">1</a>	mg	22.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine <a href="#">1</a>	mg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE <sup>2</sup>	µg	5	--	0.250	5	6	1.0	2.263	8.616	1	Analytical or derived from analytical	--	04/2014
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <sup>2</sup>	µg	51	--	2.258	48	58	1.0	22.376	79.762	1	Analytical or derived from analytical	--	04/2014
Carotene, alpha <sup>2</sup>	µg	1	--	0.136	1	2	1.0	-0.382	3.071	1	Analytical or derived from analytical	--	04/2014
Cryptoxanthin, beta <sup>2</sup>	µg	27	--	1.620	24	32	1.0	6.496	47.653	1	Analytical or derived from analytical	--	04/2014
Vitamin A, IU <sup>2</sup>	IU	109	--	5.000	102	124	1.0	45.267	172.329	1	Analytical or derived from analytical	--	04/2014
Lycopene <sup>2</sup>	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Lutein + zeaxanthin <sup>2</sup>	µg	113	--	7.052	106	133	1.0	23.862	203.061	1	Analytical or derived from analytical	--	04/2014
Vitamin E (alpha-tocopherol) <sup>1,2</sup>	mg	0.36	--	0.001	0.31	0.43	1.0	0.342	0.374	2	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1,2</sup>	mg	0.00	--	0.000	0	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2014

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Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	2.15	--	0.018	2.01	2.23	1.0	1.912	2.382	2	Analytical or derived from analytical		-- 04/2014
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.08	--	0.001	0.05	0.11	1.0	0.062	0.094	2	Analytical or derived from analytical		-- 04/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero		-- 11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero		-- 02/2009
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	1.4	--	0.018	1.2	1.7	1.0	1.206	1.666	2	Analytical or derived from analytical		-- 04/2014
<b>Lipids</b>													
Fatty acids, total saturated	g	0.214	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2014
4:0 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
6:0 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
8:0 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
10:0 <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	0	0.02	--	--	--	2	Analytical or derived from analytical		-- 04/2014
12:0 <a href="#">1</a> <a href="#">2</a>	g	0.002	--	--	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2014

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14:0 <a href="#">1</a> <a href="#">2</a>	g	0.004	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
15:0 <a href="#">1</a> <a href="#">2</a>	g	0.002	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
16:0 <a href="#">1</a> <a href="#">2</a>	g	0.117	--	--	0.13	0.15	--	--	--	2	Analytical or derived from analytical	--	04/2014
17:0 <a href="#">1</a> <a href="#">2</a>	g	0.002	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
18:0 <a href="#">1</a> <a href="#">2</a>	g	0.038	--	--	0.04	0.05	--	--	--	2	Analytical or derived from analytical	--	04/2014
20:0 <a href="#">1</a> <a href="#">2</a>	g	0.020	--	--	0.02	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2014
22:0 <a href="#">1</a> <a href="#">2</a>	g	0.016	--	--	0.02	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2014
24:0 <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	0.01	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
Fatty acids, total monounsaturated	g	2.182	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
14:1 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006

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15:1 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	0.01	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
16:1 c <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	0.01	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
16:1 t <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
17:1 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.778	--	--	0.89	0.96	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:1 c <a href="#">1</a> <a href="#">2</a>	g	0.774	--	--	0.89	0.96	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:1 t <a href="#">1</a> <a href="#">2</a>	g	0.004	--	--	0	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
20:1 <a href="#">1</a> <a href="#">2</a>	g	0.289	--	--	0.34	0.35	--	--	--	2	Analytical or derived from analytical	--	04/2014
22:1 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	1.056	--	--	1.24	1.28	--	--	--	2	Analytical or derived from analytical	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c <a href="#">1</a> <a href="#">2</a>	g	1.056	--	--	1.24	1.28	--	--	--	2	Analytical or derived from analytical	--	04/2014
22:1 t <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
24:1 c <a href="#">1</a> <a href="#">2</a>	g	0.051	--	--	0	0.09	--	--	--	2	Analytical or derived from analytical	--	04/2014
Fatty acids, total polyunsaturated	g	0.774	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
18:2 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.363	--	--	0.39	0.46	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:2 n-6 c,c <a href="#">1</a> <a href="#">2</a>	g	0.358	--	--	0.39	0.45	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:2 CLAs <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
18:2 t not further defined <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	0	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:3 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.374	--	--	0.4	0.47	--	--	--	2	Analytical or derived from analytical	--	04/2014
18:3 n-3 c,c,c (ALA) <a href="#">1</a> <a href="#">2</a>	g	0.373	--	--	0.4	0.47	--	--	--	2	Analytical or derived from analytical	--	04/2014

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18:3 n-6 c,c,c <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
18:3i <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
18:4 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c <a href="#">1</a> <a href="#">2</a>	g	0.010	--	--	0.01	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2014
20:3 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.018	--	--	0	0.03	--	--	--	2	Analytical or derived from analytical	--	04/2014
20:3 n-6 <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
22:4 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
22:5 n-3 (DPA) <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006

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22:6 n-3 (DHA) <a href="#">1</a> <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Fatty acids, total trans-monoenoic	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">1</a>	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Isoleucine <a href="#">1</a>	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Leucine <a href="#">1</a>	g	0.292	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Lysine <a href="#">1</a>	g	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Methionine <a href="#">1</a>	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Cystine <a href="#">1</a>	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine <a href="#">1</a>	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Tyrosine <a href="#">1</a>	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Valine <a href="#">1</a>	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Arginine <a href="#">1</a>	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Histidine <a href="#">1</a>	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Alanine <a href="#">1</a>	g	0.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Aspartic acid <a href="#">1</a>	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Glutamic acid <a href="#">1</a>	g	0.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Glycine <a href="#">1</a>	g	0.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Proline <a href="#">1</a>	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014

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Serine <sup>1</sup>	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2014
Hydroxyproline <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1999
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1999
<b>Flavonoids</b>													
Isoflavones													
Daidzein <sup>5</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <sup>5</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>5</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2003 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17b, 2013 Beltsville MD

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2008

<sup>4</sup>A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>5</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298